



JULY ACTIVITIES

Turn to page 104 to order the Team Nutrition publication, *Healthy School Meals... Healthy Kids! A Leadership Guide for School Decision-Makers*.

On The Road To Healthy Children

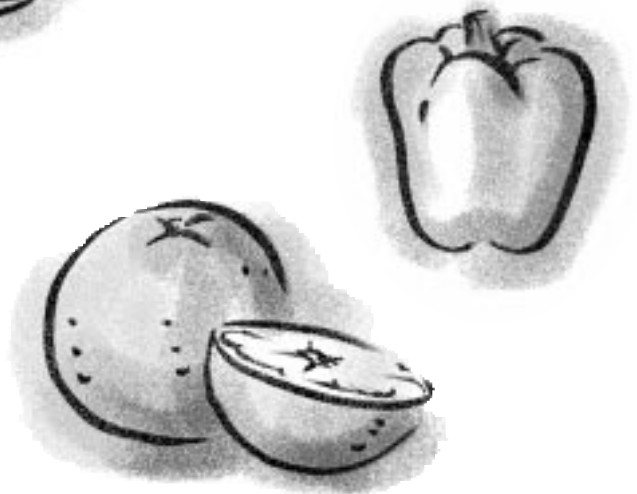
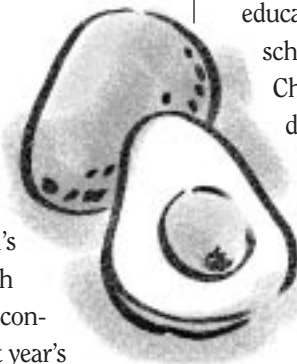
We all know that good nutrition is essential for children's health and learning. That's why USDA created the **School Meals Initiative for Healthy Children**—to ensure healthy meals at school, and the **Team Nutrition Program**—to assist schools in implementing these important changes through technical assistance and training, and exciting nutrition education lessons and activities.

The School Meals Initiative for Healthy Children, a comprehensive, integrated plan to ensure healthy meals at school, was launched in June 1994 and resulted in historic legislation to improve the health and education of children through better nutrition. For the first time in 50 years, USDA updated the nutrition standards for school meals based on current, scientific research.

Now is a good time to review your school's progress toward making these changes. With your results, you can easily create a plan to continue to make Team Nutrition a part of next year's curriculum and activities.

Team Nutrition has designed tools to help get you started—review questions and a leadership guide. On the next page you'll find a list of questions to review your school's success so far. Once you have written down last year's accomplishments, you can use our publication *Healthy School Meals...Healthy Kids! A Leadership Guide for School Decision-Makers* to see the many ways you can take the lead using the exciting and innovative materials and resources developed by USDA and our partners.

We hope you will use this guide to work with everyone in your school and community—students, teachers, parents, food service personnel, coaches, school nurses, health educators, and nutrition supporters—to provide healthy school meals and nutrition education in your school. Check out the variety of materials and resources described in the guide, and follow the action steps listed in the “Getting Results” section. USDA can work with you to make the changes come alive in your school!





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Team Nutrition Program Review

- Has meal planning changed? Are meals in compliance with the Dietary Guidelines and Nutrient Standards?
- Has a nutrient analysis been conducted? Have the results been used to refine menus?
- Has the menu been changed? What type of feedback have you gotten from students?
- Do the menus have more variety; more fruits, grains and vegetables and lower fat choices?
- What's been done to lower fat, salt and sugar and increase fiber?

Team Nutrition Program Review



- What training and technical assistance has food service staff received?
- Do school staff understand the Team Nutrition objectives?
- Do food service staff deliver nutrition education to students?
- Do you have a committee/working group to plan and carryout your program? If yes, does it include food service personnel, teachers, parents, community members such as Extension Service, local dietitians/nutritionists, etc.?
- Did you have any Team Nutrition/nutrition education activities last year? List the activities.
- How effective was each activity in communicating nutrition information?

Team Nutrition Program Review



- Did you use Team Nutrition material or material from other sources?
- How have students, parents, food service and community been involved in nutrition education activities?
- Have supporters been recruited and used to promote your program?
- Have you received press coverage of your program? Are public officials or community leaders aware of your program?
- Are there other resources available to you in your community—hospitals, colleges, Extension Service, businesses, etc.? Are you using them?
- What changes need to be made to increase the success of your program?



Recipe of the Month

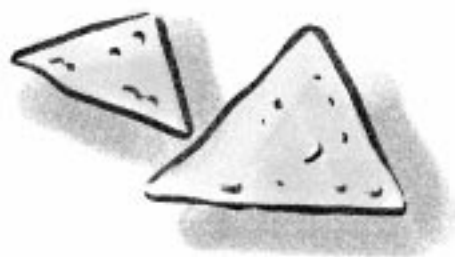
The following recipe was taken from Team Nutrition's *Food, Family & Fun: A Seasonal Guide to Healthy Eating*. Turn to page 104 for ordering information.



Homemade Salsa

15 Minutes, Serves 6

- 1 cup fresh tomatoes, diced
- 1/2 cup corn kernels, fresh or frozen
- 1/2 cup onion, diced
- 1 Tbsp (or less) jalapeno peppers, chopped
- 2 Tbsp lime juice
- 2 cloves fresh garlic, finely diced



1. Combine all of the above ingredients.
2. Serve with lowfat baked tortilla (corn) chips, or fresh veggies, cut up.

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Nutrients per serving (1/2 cup)

Calories	33	Saturated Fat.	0 g	Iron	0.4 mg
Protein.	1 g	Cholesterol	0 mg	Calcium.	8 mg
Carbohydrate.	8 g	Vitamin A.	42 RE	Sodium	26 mg
Total Fat.	0.4 g	Vitamin C	15 mg	Dietary Fiber	1 g

SCHOOL-SIZED

Recipe of the Month

This recipe was developed for The School Lunch Challenge, the 1994 American Culinary Federation National Championship. Adjustments have been made by USDA for institutional use.

Turn to page 104 for more information on this resource



Confetti Veggie Spaghetti Salad



Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Spaghetti	2 lb	2 qt	4 lb	1 gal
Fresh Tomatoes, diced	2 lb 2 oz	1 qt 2 cups	4 lb 4 oz	3 qt
Frozen mixed vegetables	1 lb 12 oz	1 qt 2 cups	3 lb 8 oz	3 qt
American cheese, diced	2 lb 2 oz	1 qt 2½ cups	4 lb 4 oz	3 qt 1 cup
Ripe black pitted olives, diced	4 oz	1 cup	8 oz	2 cups
Red onions, diced (optional)	2½ oz	1/2 cup	5 oz	1 cup
Mild pepper rings, or Pepperoncini, chopped	2 oz	1/3 cup	4 oz	2/3 cup
Parmesan cheese, grated	5 oz	1 cup	10 oz	2 cups
Dried whole basil leaves		1 Tbsp		2 Tbsp
Black pepper		1 Tbsp		2 Tbsp
Lowfat Italian dressing		2 cups		1 qt
<i>Confetti Topping</i>				
Parmesan cheese, grated	5 oz	1 cup	10 oz	2 cups
Granulated garlic		1½ tsp		1 Tbsp
Black pepper		1½ tsp		1 Tbsp
Dried parsley		3 Tbsp		1/4 cup 2 Tbsp
Dried basil leaves		1 Tbsp		2 Tbsp

Provides 3/4 ounce of cheese, 1/8 cup of vegetable and 1/2 serving of bread alternate.

Chef's Tips: Elbow macaroni may be substituted for spaghetti. The flavor can be enhanced by preparing the salad one day prior to serving.

Confetti Veggie Spaghetti Salad



Directions:

1. Break spaghetti noodles into fourths. Cook spaghetti until tender-firm, about 8 minutes. Drain and cool in a refrigerator for 30 minutes.
2. In a large bowl, combine tomatoes, mixed vegetables, cheese, olives, onions (optional), peppers, Parmesan cheese, basil, and black pepper. Add chilled spaghetti.
3. Toss with lowfat Italian dressing.
4. Refrigerate for 2 hours prior to serving.
5. Serve a 3/4 cup portion.

Confetti:

6. Mix all ingredients. Sprinkle 2 tsp of dry mixture over each serving.

Serving: 3/4 cup (112 grams)

Yield: 50 servings: 12 lb 8 oz (5600 grams)
100 servings: 25 lb (11,200 grams)

Nutrients Per Serving

Calories	117 kcal	Protein	5 g	Carbohydrate	10 g
Total Fat	6.1 g	Saturated Fat	3.3 g	Cholesterol	14 mg
Vitamin A	973 IU	Vitamin C	4 mg	Iron8 mg
Calcium	136 mg	Sodium	320 mg	Dietary Fiber	1 g

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Highlights & Resource Information

American School Food Service Association (ASFSA), Annual Conference

For more information, contact ASFSA at 1600 Duke Street, 7th Floor, Alexandria, VA 22314-3436. (703) 739-3900. Fax: (703) 739-3915.

National Baked Bean Month

To pay tribute to one of America's favorite and most healthful and nutritious foods, baked beans. Contact: Michigan Bean Commission, 1031 South US 27, St. Johns, MI 48879. Tel: (517) 224-1361.

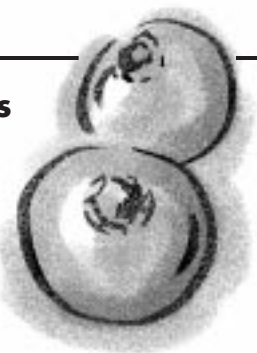
National Ice Cream Month

To promote America's favorite dessert, ice cream. Contact: International Ice Cream Association, 1250 H Street NW, Suite 900, Washington, DC 20005. Tel: (202) 737-4332.



National July Belongs to Blueberries Month

To make the public aware that this is the peak month for fresh blueberries. Contact: North American Blueberry Council, 4995 Golden Foothill Parkway, Suite #2, El Dorado Hills, CA 95762.



National Picnic Month

A time to appreciate picnics and picnic fare—hot dogs, salads, pork and beans which make outdoor eating so enjoyable. Contact: Campbell's Beans, Campbell's Soup Company, One Campbell Place, Camden, NJ 08103. Tel: (609) 342-4800.